Since our name has been added to the no call list our life at home has been more peaceful. It was very aggravating to wstop everything you were doing (or wake up) just to answer the phone for a telemarketer. Before the no call list we had more telemarketers calling than family or friends. We considered getting rid of the phone for that reason. We did however keep the phone and are glad we did now because the no call list has made it wonderful. I dont have to worry when i pick up the phone about someone trying to sell me a magazine that i dont want but their not going to take no for an answer for! Thank you for your time.